

Wellness Wednesday Honor Your Values



VALUES



This week's Wellness Wednesday will be about identifying your values. When we live by our values, we live a more satisfying life.



All About Values

you matter.

The values that YOU feel are most important in your life is what matters most. Everyone's values differ - one person may value family relationships over everything else, and another person may have a different perspective.



VALUES into action

Many of us struggle with finding direction sometimes. When you take the time to reflect and consider your core values, things become clear.

Core values can direct you on a path to a life full of joy, happiness, healthy connection and purpose.



Examples of Values



FAMILY



FAITH



COMPASSION



MORE EXAMPLES

- SECURITY
- INTELLIGENCE
- FREEDOM
- HUMANITY
- LOYALTY
- FORGIVENESS
- RESPECT
- COMPASSION
- KINDNESS
- POWER
- CREATIVITY

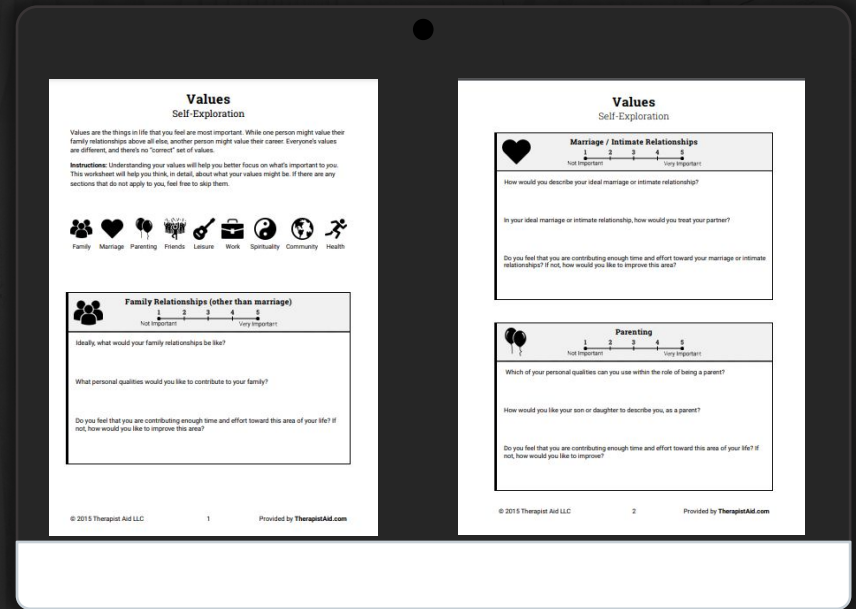




Exploration of Values

Select the link below for assistance on exploring your values

<https://www.therapistaid.com>



Values Self-Exploration

Values are the things in life that you feel are most important. While one person might value their family relationships above all else, another person might value their career. Everyone's values are different, and there is no "correct" set of values.

Instructions: Understanding your values will help you better focus on what's important to you. This worksheet will help you think, in detail, about what your values might be. If there are any sections that do not apply to you, feel free to skip them.

Family Marriage Parenting Friends Leisure Work Spirituality Community Health

Family Relationships (other than marriage)

1 2 3 4 5
Not important Very important

Ideally, what would your family relationships be like?

What personal qualities would you like to contribute to your family?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve this area?

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Values Self-Exploration

Marriage / Intimate Relationships

1 2 3 4 5
Not important Very important

How would you describe your ideal marriage or intimate relationship?

In your ideal marriage or intimate relationship, how would you treat your partner?

Do you feel that you are contributing enough time and effort toward your marriage or intimate relationships? If not, how would you like to improve this area?

Parenting

1 2 3 4 5
Not important Very important

Which of your personal qualities can you use within the role of being a parent?

How would you like your son or daughter to describe you, as a parent?

Do you feel that you are contributing enough time and effort toward this area of your life? If not, how would you like to improve?

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“Values are like lighthouses; they are signals giving us direction, meaning, and purpose.”

—recruiter journal



Challenge Time

Pick ONE coworker and share
ONE of your values with them!



CHALLENGE
Accepted!



“Values are like fingerprints.
Nobody’s are the same, but you
leave them all over everything
you do” –Elvis Presley



Resources

https://www.amazon.com/Your-168-Finding-Satisfaction-Values-Based/dp/1119658543/ref=sr_1_1_sspa?crid=38ASD6HNYGWYT&dchild=1&keywords=values&qid=1635539910&prefix=values%2Caps%2C342&sr=8-1-spons&psc=1&spLa=ZW5icnlwdGVkUXVhbGlnaWVuPUEySUZDT1FHUJZwTFtJmVvY3J5cHRlZFlkPUFEwMTA2NTU2MjhhMSVdCTINBRVDTiZlbnNyeXB0ZWRRZFlkPUFEwNTc1MDFEyM1MOUjBGQ1pOM1pXTCZ3aWRnZXRlOYW1lPjNwX2FOZiZlZHY3Rpb249Y2xpY2tSZWRpcmVidCZkb05vdExvZ0NsaWNRPXRudWU=

<https://www.therapistaid.com/worksheets/exploring-values.pdf>

<https://www.therapistaid.com/worksheets/values-clarification.pdf>



Topic Suggestions & Feedback



Are there topics you would like to see discussed?

We would *Love* to hear from you.



Chat with a PRO

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